

Strategies for promote women's health and urbanization

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Abstract

introduction:currently urban population outnumbers the rural worldwide. Studies have shown a direct relationship between urbanization and the somatic ,psychotic and social side effect ,with the women being more vulnerable due to their natural ,physiologic and biologic fluctuations.obviously,rises the necessity of establishing some education protocols to rise women's level of knowledge and culture .this article reviews urbanization consequences and ways of improving urban women's health.

Methods: This paper is an overview of the 40 scientific papers from sites such as Scopus, Elsevier, MD consult.,... with Key Words urbanization and women health, urban, women are also being studied.

Results: Results of the study showed that despite the benefits of urbanization, it also has many consequences whice may effect many psychosomatic aspects,so it nessasary to find some solution through education women and rising their culture level and knowledge .

Conclusion: The training and planning and increase awareness of women in urban areas about consequences of urbanization on their health and control these adverse effects in women of different ages living in urban areas is essential.

Key words: women's health, urbanization, women